



ALL-DAY BREKKIE COMBOS

ASK ABOUT OUR BREKKIE AND TALL CAPP COMBOS!!

- Egg & Cheese English Muffin
- Cinnamon Overnight Oats
- French Toast Toasted Cheese
- Milk Tart Bowl
- Purple Power Bowl

79

99

109

SARMIES AND BAGELS

Grilled 3 cheese

Cheese and tomato

Chicken Prego

Chicken mayo (add avo + R17)

Pastrami, mustard, pickles, gherkin

Motherland Reuben

Bacon, egg and cheese

Bread options:

- Sourdough
- Bagel
- Farm loaf
- Turkish ciabatta



R 77

R 82

R 90

R 87.50

R 93.50

R 118

R 98.50

WRAPS

Breakfast wrap

Scrambled egg, bacon, cheese, tomato, avo

R 99.00

Keto breakfast burrito

Egg Wrap, avo, tomato salsa, bacon. Sub bacon w/salmon +R22

R 98.00

Summer chicken wrap

Chicken breast, mayo, greens, carrot, avo

R 88.00

Chicken pesto wrap

Chicken, feta, pesto, greens

R 96.00

Avo, tomato, hummus wrap

R 88.00

OPEN TOASTS

Served on a slice of sourdough or farm loaf

Mediterranean

Avo, tomato, olives, feta, hummus, cucumber

Farmhouse breakfast

Scrambled eggs, bacon, avo, tomato salsa

Smoked trout and cream cheese

Smoked trout, cream cheese, cucumber

Avo & cream cheese

Sub cream cheese for tomato salsa - add boiled egg +R14

R 87.00

R 99.50

R 104.50

R 71.50

CROISSANT STACKS

Greek scramble

Scrambled eggs, avo, feta, cherry tomatos

R 94

Motherland scramble

Scrambled eggs, bacon, tomato salsa (add avo + R17)

R 102

Smoked trout scramble

Scrambled eggs, smoked trout, avo, cream cheese

R 140





BREAKFAST MENU

We're testing new good-for-you breakfast menu dishes. Everyday-eatable health-leaning breakfast, that let you choose your level of healthy.

If you're a health-minded coffee-drinker (who also loves fresh-baked croissants), we'd love you to try something and let us know what you think!

FRESH AND HEALTHY BREAKFAST BOWLS

LUXE FRUIT BOWL

R 95

Motherland-made low-carb wheat-free granola, double-thick greek yoghurt, banana, blueberries, strawberry, apple. Lavender infused honey drizzle.

PURPLE POWER BOWL

R 105

Double thick blueberry yoghurt, Motherland-made low-carb wheat-free granola, blueberries, strawberries, banana. Motherland-made 100% macadamia nut-butter. Dried mixed berries.

MATCHA, STRAWBERRY AND PISTACHIO SMOOTHIE BOWL

R 95

Blended ceremonial matcha, half frozen banana, apple, dates and greek yoghurt. Topped with pistachios, fresh strawberries, blueberries, and Motherland-made low-carb, wheat-free granola.

MILK TART BREKKIE BOWL

R 95

Blended frozen banana, dates, cinnamon, double-thick greek yoghurt and vanilla bean paste. Topped with Motherland-made low-carb, wheat-free granola and fresh banana slices.

WARM MACADAMIA AND CINNAMON OMEGA OATS BOWL

R 87

Warm oats, with oat milk, Motherland-made 100% macadamia nut-butter. Topped with cinnamon, banana and cranberries.

BLUEBERRY CHIA PROTEIN OATS BOWL

R 79

Chia seeds, yoghurt, oats, whey protein, topped with blueberries and strawberries. Served chilled.

ANYTIME EGG BREAKFASTS

EGG AND CHEESE ENGLISH MUFFIN

R 49

Toasted English muffin filled with free-range scrambled eggs, mayo, and Motherland cheese mix.

KETO BREAKFAST BURRITO

R 98

Free-range egg wrap, chives, avo, tomato, feta, mild chutney and bacon.

FRENCH TOAST TOASTED CHEESE

R 98

Sourdough bread with mayo, layered with chives, emmenthaler, feta, and Motherland cheese mix, dipped in free-range whipped eggs and toasted.

AVO SCRAMBLE BOWL

R 89

2 Free-range scrambled eggs, sliced avo, tomato, granola seed-mix, slice of sourdough.

OPEN TOAST SLICE

SPINACH, TOMATO, BASIL PESTO TOAST

R 64

Seeded farm loaf, cream cheese smear, wilted spinach, blistered tomato, basil pesto.

H.A.T - HUMMUS, AVO, TOMATO

R 87

Seeded farm loaf, avo, feta, hummus, blistered tomato.

AVO, CREAM CHEESE AND EGG

R 83,5

Seeded farm loaf, cream cheese smear, sliced avo, free range boiled egg.

INGREDIENTS!

Motherland sources wholefood, unprocessed, natural ingredients as far as possible. All eggs are free range, breads handmade in small batches, and fresh fruit cut on site. Dishes are naturally sweet, without processed sugars. We're on a journey to natural, unsweetened, good-for-you food with no artificial additives.

ALLERGENS!

While every care is taken in the production of our food and beverages, please be aware our products may come into contact with (and contain traces of) common allergens. Such as dairy, eggs, wheat, gluten, soybeans, tree and ground nuts, fish and shellfish.